

GET UP! GET OUT!



We want you to get out of the house! Find a buddy or a group to walk with. Make it a family project. Take the kids and the dog. Try 30 minutes, three times a week.

Join a gym. Call your local school and ask if you can walk their track. Look for opportunities to keep moving. Turn off the TV and those other "screens" and get out.



You know you'll feel better, look better and live longer if you do.

If you want help, go to our website for more information on weight loss, exercise, nutrition and becoming smoke-free. You'll feel good about it.

Eat Right • Exercise • Be Tobacco Free



Find a walking trail near you! For a list of trails in your area and information on how to get a grant for a trail in your community, call the Arkansas Department of Health, 1-800-235-0002 or visit www.HealthyArkansas.com.



Healthy Arkansas

For a Better State of Health